



**Don't make
fun of water
safety.**

Keep yourself safe with
these easy to follow tips.

Summer Water Safety Tips

1. LEARN TO SWIM
2. READ AND OBEY ALL POSTED SIGNS
3. PROTECT YOUR SKIN
4. DRINK PLENTY OF WATER
5. PAY ATTENTION TO WEATHER CONDITIONS
6. USE A FEET-FIRST ENTRY INTO THE WATER
7. KNOW CPR OR HOW TO GET HELP
8. HAVE FLOTATION DEVICES ON HAND
9. WATCH OUT FOR DANGEROUS TOO'S
 - TOO TIRED
 - TOO COLD
 - TOO FAR FROM SAFETY
 - TOO MUCH SUN
 - TOO MUCH STRENUOUS ACTIVITY

For more information visit the health resources
page at www.americastpa.com

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